

THE SHELTON CHRONICLE

a newsletter for faculty and staff of Shelton State Community College

PEDRO HOLLINGSWORTH - WORLD CHAMPION WEIGHT LIFTER

"Weight training is not weight lifting. Anyone who is interested in weight training should get a personal trainer and learn to do it right. That way your joints won't hurt, and you'll have fun. After all, that's what it's all about," says Pedro Hollingsworth, a Northport firefighter, employee of the Alabama Fire College and a winner in the 1999 World Natural Power Lifting Federation (WNPF) national competition.

Hollingsworth, a native of Tuscaloosa County, is a captain with the Northport Fire

Department and works part-time in curriculum development for the Alabama Fire College.

As part of his job, Hollingsworth develops study guides for the promotion and certification of firefighters across the state. It is his activity, however, during the three - four days a week he is off that creates most of the enthusiasm surrounding him these days. Hollingsworth is a competitive power lifter in his spare time.

He defines power lifting as simply formalized weight lifting. "A lot of technique is involved and it is done on command," he says. "In power lifting you have to hold the stance for a few seconds to show judges you have control."

"I was already going to the gym and working out," Hollingsworth says, "before I

started power lifting. I guess you might say I was a weekend weight lifter. I didn't start until 1997 and my first competition was in 1998."

Hollingsworth recently returned from the 2000 World Natural Power Lifting Federation (WNPF) national competition which was held in Panama City, Florida, where he finished first in the bench press competition in his weight and age group (198 Pounds, 40-49 Year-Olds). He now holds titles on the state, national, and world levels.

This year he serves as the director of Alabama's state meet, the Alabama Open Power Lifting Championship, which is scheduled this spring in Tuscaloosa. Normally, he trains eight to 12 weeks for a competition. He is currently training for a local competition

CONTENTS

PEDRO HOLLINGSWORTH ...	1
COLLEGE RECEIVES STATEWIDE HONOR	2
AROUND THE CAMPUS	2

in December. "My goal in December will be to bench press 400 pounds," he says. "During my last meet, I pressed 380 pounds."

Stressing the value of nutrition in weight training, he works closely with Milady Murphy. "Nutrition makes a big difference," he says. "When I'm training, I eat high protein and medium carbohydrates. My diet includes a lot of chicken and rice. You have to drink at least eight glasses of water a day. That's important."

"Keep your goals small so you can achieve. You won't starve on this diet. Body builders eat five or six times a day. It's better to eat more and smaller meals. I drink water all the time," he says.

According to Murphy, Hollingsworth is a great role model. "Pedro Hollingsworth is an older gentleman who has the heart, mind and dedication of a person who wants to compete professionally. He is an example of what a person can accomplish at any age. He didn't start until 1998, and he's now a competitive weight lifter. He destroys the myth that age limits what we can accomplish," Murphy says.

The Alabama College System served 66% of the 86,326 first year students enrolled in two and four-year public colleges and universities in 1992. Sixty-five percent of all freshmen and sophomores were enrolled in a two-year college in Alabama.

COLLEGE RECEIVES STATEWIDE HONOR

Shelton State recently received several statewide awards during the annual meeting of the Alabama College System Public Relations Association which was held in Gulf Shores.

Shelton received a First Place Pyramid Award for "Print Media - Series" for **CELEBRATE 2000** advertisements that ran this year highlighting Shelton's technical programs.

Shelton also received a Second Place Award of Achievement for "Brochure - Four Color" for Shelton's new college brochure. Lucy Kubiszyn submitted the college's entries.

AROUND THE CAMPUS

*Everyone enjoyed the lovely reception for Shelton's retirees this last week. We will greatly miss these 28 people at Shelton State. It was a wonderful moment for families and friends of the college. Shelton is in the process of

forming a **Retirees Club** as a way of letting people remain in contact with one another and the college.

*Kudos to **Debbie Grimes** and her committee for planning the August professional development activity, "**Back-to-School Retreat 2000.**" A special thank-you also goes to Shelton's **Quality Council** for organizing the TQ Barbecue for everyone on August 14. In fact, what did the college ever do without the Quality Council? They contribute so much in so many ways.

*Some of you may remember **Theresa McDonald** who was a student at the junior college many years ago. The Public Relations office recently received an E-mail from her. She is back in Tuscaloosa. According to Theresa she is working on her Ph.D. in counseling psychology. After battling a serious illness, she recently was named "Ms. Universal Achievement 2000," a competition based on academic and community service.

*The **Lifetime Learning** program has many classes on schedule this fall for people 55 years of age and older. These classes are fun and great bargains. If you would like to learn more about this program, contact June Hollingsworth, Continuing Education, ext. 2360.